

## STUDYING THE LEVEL OF STABILITY OF ADOLESCENT ATHLETES TO THE STATE OF STRESS

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### ABSTRACT

This article highlights the results of scientific research conducted on the study of stress resistance in stressful situations and situations of teenage athletes.

**Keyword.** Teenage athletes, stress, stress resistance, level.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Stress, which is one of the huge problems facing our society in the current globalization process, is recognized as the problem of stability of the individual to stress. The study of this problem in psychology is considered one of the problems that was considered as a subject of scientific research at the beginning of the 20th century and has not lost its relevance even today. It is worth saying that in his time, many foreign and Russian psychologists conducted scientific research on this problem and expressed their scientific interpretation in this regard. In Particular, B.X.Vardanyan [4] stressed the individual expression and manifestations of stress, felt that the role of a person in an emergency situation was associated with psychological Masters. V.A.Bodrov [3], on the other hand, proposes to group the existing stress-inducing factors and divide them into four groups. In his opinion, any stress is a physiological process, which is mediated by physiological reactions, and in which emotional reactions are also present. From this point of view, in order to control the physiological and emotional reactions of stress, a person must have a property of stability to stress. The stability of an individual to stress is his ability to control his own emotion, control it and overcome the difficulties that arise when he is able to hold himself in difficult situations. Opinions on this issue were also expressed by the scientists of the independent Commonwealth Davals. In Particular, N.N.Danilova makes the following point regarding the stability of an individual to stress: “the ability to experience severe stress a lot and find a unique and realistic, adequate solution in difficult, complex situations”[5]. A.A.Baranov, on the other hand, defines stress stability as “stress stability is one manifestation of psychic stability and is manifested by various factors” [2].

Also, V.Reflecting on the issue of stress stability, Subbatin argues based on his research findings that stress stability awareness should also consider its factors such as emotional and psychological stability, frustration tolerance [8].

V.L.Marishuk, on the other hand, evaluates the individual's stability to stress as controlling and overcoming the emotional arousal that occurs in a complex process of activity [7].

The numerous occurrence of stressogenic situations in sports activities, especially in the process of sports competitions, is a natural process in the activities of athletes, the tension of competitions, the emotions of athletes and the charm of Sports Wrestling are manifested in connection with these situations. In this process, the importance of not only the physical, tactical and technical training of athletes, but also the psychological state.

In our study, we tried to study the stability of adolescent athletes to stress, in the course of the study in order to carry out the task that we have set ourselves N.V.Kersheva and N.V.We used the methodology recommended by the ryabchikovas "determination of the stability of an individual to stress". This methodology makes it possible to determine the degree of stability of an individual to stress, as well as this methodology, which has passed practical experience in the conditions of Uzbekistan, is a methodology used by several Uzbek psychologists.

The results obtained under this methodology are shown in Table 1 below.

**Table 1. The results of the dispersion analysis (ANOVA) of the level of stability of adolescent athletes to stress.**

Scale	Sports						F	Confidence level (Sig.)
	Greek -Romanian		National struggle		Judo			
	Average value	Standard deviation	Average value	Standard deviation	Average value	Standard deviation		
Stability to stress	33,3	6,81	32,6	6,46	32,0	4,72	,637	,530

When analyzing the research results of the level of stress stability of adolescent athletes, we emphasized mainly the interpretation of their indicators on the basis of their average value. Because in stressful situations that occur in the process of an individual's daily social activity, the level of stress stability to stress may not constitute a large fiosis, however, the process of regular shouting with sports training contributes to the positive manifestation of the ability of athletes to withstand stress, withstand the psychological pressure during sports training, quick decision-making in difficult,

Based on the results of a study on the level of stability of adolescent athletes to stress, it can be said that in students engaged in Greco-Roman wrestling, national wrestling and judo wrestling, the level of stability to stress shows a higher result than the middle, there was no big difference in the indicators of all types of wrestling (see Table 1). At this point, it is worth noting that level B of the results is explained by the fact that it is directly related to the peculiarity of the types of masked wrestling, since this indicator of the degree of stability of teenage athletes to stress is of great importance in their success, especially in the process of sports competitions, which means that teenage athletes will In the process of sports competition, in order for athletes to be able to get out of a state of strong stress, withstand strong psychological pressure in the time of struggle, they will be required volitional qualities, they will not only be able to believe in their own forces, give themselves realistic assessments, be prepared for the shaky situation, situations that arise in the process of, it will depend on their acceptance and the analysis of tekori. In that regard, R.A.Abdurasulov, on the basis of his scientific research, expresses the following reasoning: "an athlete has to make a decision in the event of a sharp fight with an opponent, in the event of mental tension, stress and the risk of losing his learned movements in training by mistake. At different stages of competition competitions, the assessment of tactical methods will also be different. For example, a basketball player can pull the ball from his opponent on the side of his field and quickly decide to break through the defense towards the opponent. This is a risky move, and opponents can take the ball away from it. This decision can only be made at a time when the opponent is ahead by a large margin:... in this case, a state of strong emotional interaction has its own effect on the decision-making process. Inadequate psychically unstable athlete misjudges the situation, unwarranted decision - making " [1].

That being said, in sports games, a decision that is not made can be corrected in the course of the game, but in wrestling events it will be more likely that its result will be sad, which will end with the defeat of the athlete. An example of this is the sports career of Rufat Risqiev, who became an Uzbek boxing legend, or Mirjalol Kasimov, who is recognized as the “Maradona” of Uzbek football. The peculiarities of the types of wrestling require high psychological training from athletes, since the process of the competition will be in a tense state, passing under strong psychological pressure, every minute and seconds will become important, willful qualities and mental potential of the athlete. In such a process, an athlete with strong self-confidence, able to correctly assess the chances of an opponent with his own capabilities, able to resist strong pressure and stress, will achieve success.

In the process of our study, we also analyzed the correlation relationship of the results of the coping-struggle indicator with the results obtained on stability to stress, the results of which are reflected in Table 1 below.

**Table 2. Results of correlational involvement of adolescent athletes with the coping-struggle indicator of the level of stability to stress.**

Scale	Problem solving strategy	A strategy for seeking social support	Problem avoidance strategy
Stress stability level	,340**	,029	,067

Note: \*\*- $p \leq 0,01$

The results of the study conducted are manifested in a positive correlation between the level of stability of adolescent athletes to stress and the problem-solving scale with a coping-coping indicator. The fact that the level of stability in stress in teenage athletes is shown by a Above-Average result (see Table 2) indicates that in those who are engaged in all types of wrestling, each ushala has confidence in himself and his strength not only in the process of training and competition, but also in everyday social life, not losing himself in any situation that occurs, making the right conclusions from the situations that have arisen is manifested in the fact that they use all the opportunities and resources they have when trying to solve the problem positively. Also, the results shown by the level of stability to stress by adolescent athletes are characteristic of the fact that they perceive any conditions as a natural state.

The correlation relationship of the result of stress stability of adolescent athletes with the scale of autonomy for the support of others is also showing a positive correlation. This condition is an active hulking strategy of teenage athletes, who expect to seek help from those around them, namely family members, friends, coaches, teachers, and support himself, to properly understand his emotional experiences, to talk to close people about the situation that is happening in him, about his inner feelings, and to get advice from them, he asks them to react to the situation and, on the basis of these, approaches the problem, tries to solve the problem. The correlation between A above-average level of stability to stress and a strategy for troubleshooting suggests that adolescent athletes are able to control themselves in such situations, confront the situations that have arisen as a natural case, focus more on sports activities, indulge with their comrades, try to be alone to solve the problem in a natural way, believe that time itself will solve this problem, or, in such a situation, a person is explained by the fact that he tries to avoid solving the problem, the environment that surrounds him, and real reality. Teen also moderated the above points in the course of a conversation with athletes, noting that they try to get rid of stress more from training, in the company of comrades, family.

At this point, it is worth mentioning the following points of P.B. Zilberman, according to him, stability to stress is an integrative characteristic of a person and is manifested in the interdependence of the emotional, volitional, mental and motivational components of a person's mental activity, and in emotional states makes it possible to choose the optimal way to achieve [6]. Also, D. Amirkhan, R. Lazargus, O. Sirotkin and others approach stress as a psychological defense mechanism that helps to overcome stress. According to them, this mechanism is interpreted as a coping mechanism such as tolerance, self-control, seeking support, avoiding the problem, and positively evaluating the problem in the cognitive, emotional and behavioral spheres of the individual. However, coping is also expressed as problem solving, support seeking, and problem avoidance.

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